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ABSTRACT

This book presents a look at methods of performance enhancement, examining basic issues of performance through a series of papers which evaluate several popular self-improvement approaches by weighing the evidence to determine what works. The first of the book's four parts provides an overview of the volume with two chapters describing the history of the project and key findings. The second section, "Training," contains three chapters: "Optimizing Long-Term Retention and Transfer," "Modeling Expertise," and "Developing Careers." The third section, "Altering Mental States," contains the following five chapters: "Subliminal Self-Help," "Meditation," "Managing Pain," "Hiding and Detecting Deception," and "A Broad Concept of Deception." The final section, "Performing," contains two chapters entitled "Optimizing Individual Performance," and "Enhancing Team Performance." Two appendixes contain a description of committee activities and biographical sketches of committee members. Each chapter includes extensive notes and references. (JB)

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